



Reports

association of personal computer users group
where ideas and activities get started

1st & 2nd Quarter 2024 Association of Personal Computer User Groups

President's Message

APCUG 2024 Contests,	36
APCUG FINANCIAL SUMMARY,	2
APCUG INFORMATION,	39
APCUG INTERNET PRESENCE,	39
APCUG MAILING ADDRESS,	39
APCUG Member Group Grant Program,	38
DIGITAL DETOX,	28
GENERAL ARTICLES,	30
INTERNATIONAL,	23
LEARNING LINUX,	27
MEMBERSHIP,	2
REGION 1,	3
REGION 2,	4
REGION 5,	13
REGION 8,	15
REGION 9,	19
REGIONS 10, 11 & INTERNATIONAL,	20
REGIONS 3 and 6,	9
TECH TIPS,	37
TIPS FOR MEMBERS,	24
USING AI CREATIVELY,	26
USING AI FOR YOUR NEWSLETTERS AND BULLETINS,	26

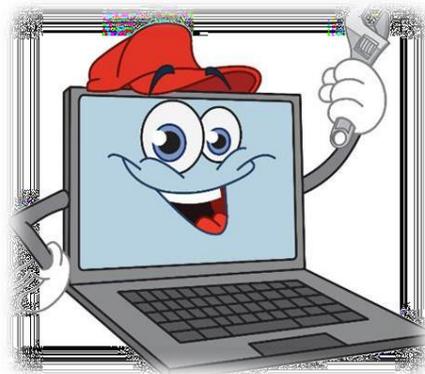
It is not too surprising that what we've experienced for the last several years continues with user groups making the difficult decision to disband and, therefore, not renewing their APCUG membership. There are 116 active member groups, with one that will disband by the end of the year. Why? Board officers have held the same positions for years, and no one wants to step up and replace them. Luckily, they have another group in the area they can join. Or they can become a Zoom group member in another location.

APCUG's 2023 officers all volunteered to continue in their positions for 2024.

An issue that faced APCUG in recent months was a copyright claim against us by a California law firm for a photograph on our website of a Las Vegas hotel that was used many years ago when we were promoting an upcoming conference. The APCUG Board has decided this claim is unjustified, and we will not honor it.

I mention this to alert our members that copyright ownership has become a focus in the legal world. You should be mindful of using photographs and graphics on your websites and other communications.

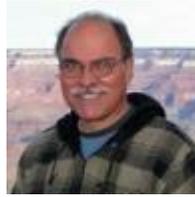
Ray Baxter
President & Treasurer



APCUG FINANCIAL SUMMARY 2023/2024

Ray Baxter, Treasurer

[rbaxter \(at\) apcug.org](mailto:rbaxter@apcug.org)



If you would like a copy of the 2023 year-end summary or last month's financial summary, please email Ray at [rbaxter \(at\) apcug.org](mailto:rbaxter@apcug.org). Almost all 50 states allow one person to hold two officer positions simultaneously, such as president and treasurer. Still, generally, the same person should not simultaneously have the office of president and secretary. APCUG would like to add another board member. If you are interested in volunteering as treasurer, please get in touch with Ray.

MEMBERSHIP

Lee Laughner, Chair

[laughner \(at\) apcug.org](mailto:laughner@apcug.org)



JANUARY-MAY 2024

APCUG has 117 member groups. Some only meet in person, others via Zoom, and many are hybrid groups, meeting in person and Zoom. A few have attendees from other groups who also attend their meetings; some have joined the group and are members of two clubs.



Groups Sharing Meetings -- <https://apcug2.org/group-sharing-meetings/>

REGION 1
CT, NY
Judy Taylour, Advisor
jtaylour (at) apcug.org



<https://wpcug.org/>

TechEdConnect participates in the Folding@home (F@h) project

<https://foldingathome.org/start-folding/>

Folding@home is a distributed computing project aimed at helping scientists develop new therapeutics for various diseases by simulating protein dynamics. This includes the process of protein folding and the movements of proteins and is reliant on simulations run on volunteers' personal computers. Folding@home is one of the world's fastest computing systems. The project utilizes graphics processing units (GPUs), central processing units (CPUs), and ARM processors like those on the Raspberry Pi for distributed computing and scientific research. While going about your everyday activities, your computer will work to help find cures for diseases like cancer, ALS, Parkinson's, Huntington's, influenza, and many others.

From TechEd Connect's Weekly Bulletin

Gary's Folding@Home Report

Some weeks I really enjoy posting these reports. Another breathtaking milestone for team WPCUG, **we have passed FIFTEEN BILLION Folding points.**



Thanks, as always, to all our team volunteers. Could not have done it without you. (Well, I could have - but it would have taken forty years - instead of seventeen.)

REGION 2

DC, MD, NJ, PA, VA

Gabe Goldberg, Advisor

[ggoldberg \(at\) apcug.org](mailto:ggoldberg@apcug.org)



Here's my usual Public Service Announcement: If your group is active and isn't listed here, let's fix that. Send events news, newsletters, etc., to ggoldberg@apcug.org, and you will be famous among your peer user groups. Another group might take an idea from you, love it, run with it, and succeed. And that's what APCUG is for!

New Jersey

Brookdale Computer Users Group (BCUG) www.bcug.com www.facebook.com/BCUGNJ
[www.meetup.com/ Brookdale-Computer-Users-Group/](https://www.meetup.com/Brookdale-Computer-Users-Group/)

A general meeting featured "Incorporating AI Into Clinical Products at Scale" about how CentralReach uses artificial intelligence (AI) in software products to support clinicians and special educators in providing behavior analysis services to families and individuals affected by autism and intellectual disabilities. A recording is available on the group's YouTube channel.

A Windows subgroup was created within the main groups.io discussion list. See my general tips for creating and exploiting one or more lists on that website as a membership benefit.

Workshops resumed:

Windows 10/11 Agenda

- Poll of Windows versions that members use, including Fred's computer world
- System Restore vs. Rollback RX
- Customizing accessibility options
- Customizing folder icons
- WinAero Tweaker to tweak the context menu (right-clicking) and to do other tricks

Excel Agenda

- Poll of Excel/Spreadsheet versions that members use, including Fred's spreadsheet world:
- In-class Homework Assignment: You're handed data and told to analyze it! What do you do with it?
- Extra-credit Challenge: You are given a bunch of hyperlinks and told to extract the URLs. How do you do that in Excel? O365? Other spreadsheets?

Pennsylvania

Philadelphia Area Computer Society PACSnet.org Full-day sessions include topics such as <https://pacsnet.org/>

- "The Basics of Internet Safety & Security for Seniors"
- "Preserving Digital Photos"

SIG topics included:

Digital Photography: Continuing with Portrait Photography - Hands On; videos on photo techniques; new, powerful tools in LightRoom

Windows: Q&A

Mac/iOS: Q&A; What's new and some tips or tricks; What's new in iOS 17 for iPad and iPhone; Sonoma is loaded and has several cool new tools; helpful hints; Pros & Cons of Sonoma and iOS 17.2; Educational links; newsletter; discussions

How To PC: Windows Registry; Program installation and uninstallation; Q&A; cookies; passkeys; file organization and supporting tools; new and interesting software

WordPress: Building a new WordPress site online for free with Kadence themes and plugins;

Wazuh - a free and open-source security platform

Linux: Running GUI applications in Docker containers.

A giveaway table offers excess software and hardware for members to claim; the website has sections for "Items for Free!" and "Items Wanted!". A member offered three desktop systems to good homes -- serviceable but slow, unable to run Windows 11.

Willow Valley Computer <https://wvcomputerclub.org/> wvcomputerclub@gmail.com

Here's the greeting I received from this new group on my radar:

Welcome to the Willow Valley Computer Club's January 2024 Newsletter.

Would you like an easy way to keep your software apps up to date? You'll find an article about PatchMyPC in this newsletter issue, which updates over 300 popular software apps. The article tells you how to find PatchMyPC and how to use it. Check it out!

Have you explored the Club's new website? It provides technology resources for all Club members, regardless of skill level. You'll find a Calendar that displays the Computer Club's training classes and monthly presentations. A Get Help section lists our volunteers who can help you. Would you like software application advice? It's there. Want help with your printer or computer? It's there. There's even more. The website is always being updated, and new resources are being added. Look at <https://wvcomputerclub.org>.

I responded: WELCOME to Willow Valley Computer Club. I appreciate being on your mailing list, anticipate learning more about your group, and will explore visiting and perhaps presenting. That's a nice list of past meeting topics on your website, and your Get Help page is brilliant, offering click-for-assistance on diverse topics. Other groups would do well to emulate this offering!

Maryland

Leisure World Tech <https://www.leisureworldtech.org/>

After merging the Leisure World Apple Club with the Computer Center, the group solicited volunteers, which was worthwhile for all groups to do occasionally. People may not step up unless invited!

We Need A Little Help From Our Friends!

Some significant changes occurred a few months ago when the calendar flipped into a new year. The Leisure World Apple Club merged with the Computer Center, and a new organization, Leisure World Tech, was launched. LWT took over the management of the Computer Center, which became the Technology Resource Center.

From the beginning, the LWT board determined it could improve its service to the community by expanding educational and training programs. These programs have been successful and well-attended, but a lack of human resources severely limits us.

LWT's seven-member board and a few volunteers have done all the work associated with outreach activities and are responsible for managing the center. While our expertise is adequate for many activities, it is lacking in some important areas.

We need more people to help us continue and expand this vital work. Please consider joining our team if you have time to volunteer and some experience or knowledge to share.

Contact us at leisureworld.tech@gmail.com or fill out a volunteer form at www.leisureworldtech.org. We need folks who can

- Help plan, host, and produce programs
- Provide one-on-one help sessions, possibly by appointment, for people with specific equipment problems
- Serve on the board of directors
- Serve as monitors in the Resource Center

Virginia

Fredericksburg PC Users Group (FPCUG) www.fpcug.org goo.gl/Vt3nK9 (Facebook)
www.meetup.com/FredericksburgPC-Users/

I enjoyed and appreciated the opportunity to attend FPCUG's Christmas/Holiday party at a local Red Lobster. Generously, the group treated members and guests, along with me and PATACS President Paul Howard, to a tasty dinner. Sadly, it also marked the group's dissolution. But there was good news: the group distributed its assets to various non-profit organizations, including paying for a sophisticated camera/microphone system for PATACS meetings. Frank Fota, an FPCUG officer, joined PATACS and serves on its Board. Paul and I highlighted PATACS and Washington Apple Pi at the dinner and distributed membership brochures. With both groups' meetings online and with both groups already having far-flung memberships, it's clear that geography needn't be an obstacle to participation.

Paul wrote FPCUG President, "Thanks very much for allowing me to participate in the FPCUG holiday dinner! I enjoyed meeting folks and hope PATACS can offer a new but familiar home for

those seeking continued computer and technology resources. The PATACS offers FPCUG members a year's free membership in their group.

We are incredibly grateful for FPCUG's support of our request for conferencing equipment at our Arlington meetings. One of our uber-gurus has found a competitive device to the OWL M3, which he's purchased for a client. We plan a shoot-out between the Owl and the CoolPo.

Potomac Area Technology and Computer Society (PATACS) www.patacs.org

In addition to awarding a six-month membership extension for each new member recruited, PATACS extends membership in appreciation for newsletter articles written and meeting presentations given.

Meeting topics included:

- Time and Time Measurement
- Vinyl LPs and Slinkies
- A Day in the Mobile Life
- Printer Drivers and Photos
- Using Zoom for Tech Support
- New Zoom Features, including AI
- Virtual Tour - System Source Computer Museum
- Charge Your Phone or Tablet Wirelessly

Washington Apple Pi (WAP) www.wap.org www.meetup.com/Waporg/

Twice-monthly Clubhouses continue first/third Saturday mornings for unstructured chatting, questioning/answering, showing off new acquisitions, asking for advice on future purchases, and general camaraderie.

Monthly Afternoon Learners SIG sessions continued, with a format mid-way between formal meetings with presentations and casual Clubhouse chats. One focused on following up on the previous month's helpful Financial Security meeting. A bit of the opening presentation was played, followed by demos of applying/managing security credit freezes.

Andy Ilnatko returned to the Pi for a main meeting, a short talk, and plenty of time for interaction. Andy is a longtime tech journalist who has been heard on WGBH Boston Public Radio and the MacBreak Weekly and Material podcasts.

Another meeting featured "Incorporating AI Into Clinical Products at Scale." All formal meetings are recapped for members with online chat contributions. Sadly, the year ended with a holiday "party" held online.

And WAP recapped 2023 for members:

Re: Pi Endowed Scholarship at George Mason University

Nearing the end of the year, we wanted to thank you for supporting our club. We've had a year of great speakers, lively Clubhouse meetings, and Photo SIG meetings. We've experimented with hybrid meetings and continued our Zoom meeting practice. We also started reaching out to retirement communities to help residents with their tech, including Zoom meetings with Leisure

World residents and a help session hybrid meeting at the Jewish Community Center in Fairfax, VA, which we will do more in 2024.

Celebrating Almost a Decade of Impact: Supporting Tomorrow's Innovators

Our Pi Scholarship at George Mason University hit an amazing milestone in 2023. Our scholarship awards will empower ten bright and ambitious students at GMU!

At the request of several members, we are opening the opportunity for individual Pi members to donate to the Pi Scholarship to enhance and enlarge the scholarship fund. Adding to the endowment will extend its life and, if enough extra funds are added, may even allow us to aid more students.

Finally, we're excited to announce a unique opportunity to maximize your donation. Thanks to the generosity of an anonymous donor, we have a matching donation pledge! Your donations will be matched up to \$1,000 until the end of the year.

Use this link, <https://advancement.gmu.edu/24CECPI>, to donate to our Pi Scholarship and have your gift doubled by our generous matching donor!

Potential meeting topics for 2024 include:

- Hearing Aids tech
- Video Editing
- Backups
- Alternative Energy, storage, and others
- AI - pragmatic available tools, survey what's available
- Shortcuts - try again to get
- Thread/Matter future of home automation
- What should I get - advice for older folks about what devices would work the best for them



Welcome to the Willow Valley Genealogy Club. The club has existed since approximately 1996, and, at present, our group seems to be the only genealogy club meeting in Lancaster County, Pennsylvania. We welcome guests and new members from the

area who are interested in genealogy and family history. And so, if you are a Lancaster County genealogist — whether you are just beginning to trace your family ancestry or have years of experience — we invite you to join us.

Our club meets monthly in the Willow Valley Communities in Willow Street, PA, from September through May. Our meetings are from 2:00-3:30 pm on the third Tuesday of the month. Typically, we have a one-hour presentation and a half hour for chatting, refreshments, browsing genealogy books and videos, or answering questions.

Attending our meetings is free, but we hope you consider joining if you find our group helpful.

REGIONS 3 and 6

IA, IL, KY, MI, MN, OH, TN, WI

John Kennedy, Advisor

[jkennedy \(at\) apcug.org](mailto:jkennedy@apcug.org)



REGION 3

The Dayton Microcomputer Association, Inc. (DMA, Part 1)

by Peter Hess

Immediately following is a version of a very brief, size-limited paragraph about the DMA for places such as Google Business, which I wrote in my role as Marketing Chair of the Dayton Microcomputer Association, Inc. (DMA). Please feel free to copy any appropriate part and adjust to your user group's needs:

"The Dayton Microcomputer Association, Inc. (DMA) is a 501c (3) non-profit, all-volunteer, social-service organization, most commonly known as a Computer User Group.

Our mission is to promote interest and knowledge in all facets of computing technology, and we are a valuable resource for all things digital. We make sense of today's technology.

The DMA offers multiple meetings on various subjects throughout the month. Some DMA meetings are hybrid, some are online, some are in-person only (locations vary), and one is via telephone. All DMA meetings are free and open to the public.

Founded in April 1976 and affiliated with APCUG (<https://apcug2.org/>), the DMA was one of the world's first Computer User Groups.

The DMA's biggest project is expanding The Dayton Computer Museum.

For more information, please visit www.dma1.org"

A book could be written about the past and present activities of the 48-year-old DMA. A few DMA members have suggested that a series of articles might be a more appropriate DMA exposure to fellow APCUG member organizations. Since space is also limited here, I will offer to respond to questions submitted through our APCUG Advisor, John Kennedy, about any of our past or present projects. You can find snippets of DMA information and its projects listed at <https://dma1.org/history/>.

Suppose you desire a quicker answer to your question(s) about how we do what we do since all DMA meetings are interactive, accessible, and open to the public. In that case, I suggest that you attend at least one of our meetings—most of which are hybrid and primarily casual. The

best way to learn about the DMA meetings offered to the community is to sign up through our free (to you) Meetup page—available from a link on our home page: <https://www.dma1.org>.

DMA Project Examples...

Many people have asked about the DMA's numerous projects. At one of the DMA-facilitated Heartland Regional User Group Conferences, we even had a breakout meeting that answered questions about how we organized and ran our all-volunteer ComputerFest, described by outsiders as a popular conference/tradeshow/indoor flea market.

ComputerFest, as a user-designed event, offered numerous, timely seminars on a diverse range of subjects, along with lots of computer stuff. Products that had never been seen by the public before were introduced at ComputerFest. ComputerFest lasted about 25 years and, at its peak, attracted approximately 45,000 participants through Saturday and Sunday. Before ComputerFest, the most likely way a local person could purchase computers would be through catalogs, such as one published by Heathkit.

ComputerFest is now only a part of Dayton's technology history and our fond memories, partly because of the growing interest in computing—which the DMA helped to generate through ComputerFest. Unintentionally, ComputerFest had also helped to create computer enthusiasts who didn't want to wait 6 to 12 months before they could acquire their desired computer or accessory. In effect, ComputerFest helped to encourage big-box competition by expanding customer numbers. Before the end of ComputerFest's run, at least 3 Best Buys, 2 Circuit Citys, a CompUSA, about 8 Radio Shacks, and many more independent computer buy and service stores were helping customers within 15 miles of Hara Arena, ComputerFest's last venue.

Open to All Types of Computer Enthusiasts...

One of the DMA's reasons for success is its generalist approach to computing, from the main monthly "General Meeting," which offers a wide range of computing subjects, along with as many as ten participation events each year, along with our usual, numerous Special Interest Groups (SIGs). To provide additional help at ComputerFest, we even offered booth space to more specialized computer user groups in exchange for a few ComputerFest volunteer hours.

Also, an agenda item of our monthly General Meetings is a segment called "Ask our Brain Trust." This is where anyone can ask those at our meeting questions about nearly any classic and/or current computer technology. Sometimes, the answers are as wide-ranging as the questions. All answers intend success.

In addition to its generalist approach to computing, the DMA has encouraged and enabled project champions to thrive. For a new project to be successful, it takes more than two people getting together and talking about ideas—which typically begin with a phrase like, "Wouldn't it be great if...?" It takes a project champion for it to succeed.

In Part 2: **More Examples of the DMA Projects & their Champions...** by Peter Hess

This is part of an ongoing project to interview and record some of our organization's early leadership to preserve the DMA's history and the history of computer user groups—the DMA way for **The Dayton Computer Museum**, a project of the Dayton Microcomputer Association,

Inc. (DMA). Input from other user groups and their members, including donations, is encouraged and welcomed.

If you are interested in the ongoing development of The Dayton Computer Museum, the monthly hybrid meetings take place on the Third Wednesday of each month at 7 pm Eastern.

Individuals who prefer not to access our Zoom meeting links through our Meetup page can request Zoom links for online or hybrid meetings through our Contact Us form at <https://dma1.org/contact-us/>. Again, all DMA meetings are free and open to the public.

We hope to hear from you soon.

Sincerely,

Peter Hess

Former member, APCUG Board of Directors, Member, DMA Board of Trustees, The Dayton Microcomputer Association, Inc. (DMA) A 48-year-old, 501c (3) Non-profit, All-volunteer, Social Service Organization, most commonly known as a Computer User Group. www.DMA1.org

Celebrating 40 Years of Innovation

Central Kentucky Computer Society's Exciting Plans for Fall 2024, Brooke Thomas, President

The Central Kentucky Computer Society (CKCS) is gearing up to celebrate a remarkable milestone – our 40th anniversary!

This September, we're not just looking back on four decades of technological advancements; we're also looking forward to launching an array of new classes and workshops that will propel us into the next era of computing.

Teach and Learn with CKCS

Have you ever wanted to share your expertise or learn something new? Now's your chance! We're calling on our community to step forward – whether you're a seasoned professional or a passionate hobbyist, we welcome you to teach a class or workshop. Let us know if you know someone who would be a fantastic instructor!



Our Evergreen Offerings

While we want new courses, we won't forget the classics. The ever-evolving landscape of technology keeps us on our toes, and yes, sometimes it's a challenge to keep up with the updates from giants like Microsoft and Apple. But it's these very changes that fuel our passion and mission. Rest assured, our beloved offerings will continue to adapt and grow like the technology they cover.

We Want to Hear from You!

Fresh ideas are the lifeblood of innovation, and we're eager to hear yours. What topics spark your curiosity? What resources would you like to see? Your input is invaluable as we shape the future of CKCS. Send your thoughts and suggestions to president@ckcs.org.

Here's to the next decade of learning, teaching, and innovating together

REGION 6

Region 6's "Advisor's Group Spotlight"

The Chicago Computer Society (CCS), established forty years ago, was born from the advent of personal computers (PCs), a volunteer organization. Our aim was and still is to assist the attendees in learning how to use their PCs, tablets, phones, and the various hardware and software programs available. We also held Special Interest Group (SIGs) meetings for specific topics such as photography, databases, etc.

We organize our meetings primarily through attendees' pre-requests on different topics to demonstrate the use of the software in question, including word processing, spreadsheets, databases, and more. The meeting covers the topic(s) that attendees have requested, with time for general questions and answers and help with a specific problem attendees may be having.

Initially, our in-person meetings were held at accessible locations like colleges, libraries, or village halls throughout the Chicagoland area. Our clubs' names indicated the part of Chicago where the meetings were held. There were four club meetings a month, with one per location. Accordingly, regional Clubs and Special Interest Groups evolved. These various SIG meetings were held monthly and developed for specific topics such as Windows, Linux, photography, Office, and databases.

However, all our meetings are now conducted via Zoom, making them easily accessible from any location of your choice. As we have carried over our previous meeting groups to Zoom, we have kept the group names, but everyone is welcome to attend any monthly meetings. To attend a CCS meeting, please email 1ccsadmin@comcast.net and receive the meeting notification and Zoom link when available. Also, for those unable to participate in a meeting of interest, we now record these meetings for later viewing on YouTube.

CCS meetings offer a platform for PC users of all levels to meet and share experiences, ideas, and challenges and discuss potential solutions. Our meetings are free and open to the general public, and guests are always welcome.

Our regular schedule of FREE monthly meetings, which are held from 7:00 pm to 9:00 pm (CST), is:

CLUBS:

1st Wednesday WEST CLUB -Technology topics

3rd Tuesday SOUTH CLUB -Technology topics

3rd Thursday NORTHWEST CLUB -Technology topics

SPECIAL INTEREST GROUPS:

2nd Tuesday Tips & Tricks - Useful information for everyone.

4th Tuesday Linux - Software support and technology updates.

YouTube Video Meeting Access (FREE)

You can also find our meetings posted on our YouTube channel at:

<https://www.youtube.com/channel/UCGapTpeckmfwVQMdSFJZjhw/playlists>

To get more information or to be sent an email for our monthly meetings, please email 1ccsadmin@comcast.net or send us a note to PO Box 135, La Grange, IL 60525-0135.

Meeting topics vary based on attendees' requests! Feel free to attend multiple meetings!

Meeting subjects are announced via email before the meeting dates.

REGION 5 FLORIDA

Judy Tylour, Advisor
[jtaylor \(at\) apcug.org](mailto:jtaylor(at)apcug.org)

Royal Highlands Computer Club

Diane Binder, President

<https://www.computerclubrhcc.com/>



Technology Help
BIG NEWS!
Kevin is retiring!!!
I'm retiring on December 31, 2023

It has been wonderful helping all my clients for these 22 years. I have appreciated our times together and the relationships we have.

Thank you for allowing me to serve you. I am looking for a replacement and will let you know when I find one.

Best regards,
Kevin Beauregard



KevinBeau@aol.com
352 394-5639

The card features a vertical sidebar on the left with icons for various computer-related items: a power button, a mouse, a speaker, a keyboard, a monitor, a printer, a CD/DVD, a mouse, a keyboard, and a USB drive.

Kevin Beauregard, Technology Helper, retired on 12/31/2023. All the RHCC members know him; Wednesday Workshop attendees also know him. During Q&A, he always asks pertinent questions or has the answer to another attendee's question. *JudyT*

Diane sent me information on what's new with the RHCC meetings. You may want to try their new format at one of your meetings.

Royal Highlands Computer Club changes its meeting format:

Before the club's Zoom meeting, its president, Diane Binder, sends a tech video from a previous webinar or something she attended to the club's email list. She asks them to watch it before the meeting and bring their questions/comments. She then sends their monthly newsletter, the Zoom link, and the agenda.

At their meeting, they discuss the video and go over the newsletter articles, followed by a Q&A. Diane does not want RHCC to disband (tech is still her interest and hobby, as it is for many other seniors), and this makes preparing for their meetings with a small (but important) group easier.

She is attempting to get all residents to sign up for the newsletter. She posts the information on the resident's Facebook page, which has about 75 members.

Sarasota Technology Users Group

<https://thestug.org/>

STUG meets virtually monthly on the 1st Wednesday (year-round). Their virtual Forums, basically Q&A sessions, are also held monthly, as are their classes. In April, they had their 2nd lunch get-together. Members asked if it could be a Lunch & Learn; Bill Crowe and Hewie Poplock volunteered to talk about the best use of smartphones.

SARASOTA TECHNOLOGY Users Group **The Premier Non-Profit Educational Resource for Seniors** thestug.org



Lunch & Learn
SARASOTA TECHNOLOGY Users Group

Learning to use your smartphone wisely saves you money... and thanks to the Patterson Foundation you can **DOUBLE** your donation to STUG that day too!

When: Tuesday April 9, 2024 Noon till 2

Where: Turtle Rock Community Center, 8500 Turtle Rock Blvd., Sarasota (off Central Sarasota Parkway, between McIntosh & Honore)

Why: A new format! **Hewie Poplock and Bill Crowe**, your favorite STUG volunteer instructors, will cover how to best use your smartphone. **AND we'll have folks on hand to help you participate in the Giving Challenge, where your donation will be DOUBLED by Patterson Foundation!** More about Giving Challenge at <https://www.givingchallenge.org>

Cost: \$5, cash at door. Bring your smartphone, your partner, your credit card for the Giving Challenge donation (optional but vital to the club's survival), a friend, and, also optional, your favorite dish to share.

How: Register beforehand so we have plenty of lunch for all. Register your companions separately. Register here: https://bit.ly/STUG_April2024Event

REGION 8

AL, KS, LA, OK, TN, TX

Bill James, Advisor

[bjames \(at\) apcug.org](mailto:bjames@apcug.org)



Ramblings from the Region 8 Advisor

We are seeing major changes in the tech world. To start off we are seeing tech companies making huge layoffs. I wonder if that is due to a slowdown in tech development or have we become so saturated with new stuff that it is time to slow the train down? Just questions, but no answers. The tech companies are stating that they are just purging their low performing employees. However, there are other underlying concerns which may point to inflation and slow economic growth. It's worth noting that layoffs are a common business practice and not all tech companies are having massive layoffs at the same time. It's also important to look at the specific reasons that the company is citing for its layoffs as they can vary.

With all of that said, 2024 does seem to be a year for new and innovative technology. The artificial intelligence (AI) world is beginning to explode with new applications being developed and applied to everyday tasks. All the buzz is about ChatGPT. It's a tool being developed by OpenAI for natural language processing and can be used in a wide range of applications, including chatbots, virtual assistants, and automated content generation. GPT means Generative Pre-training Transformer. It is in beta, but it has been hitting all the news agencies with Pros and Cons on its ability. You will read that because of it, journalism will die. Plagiarism will become the norm, etc. The naysayer rather than viewing this as a tool like the typewriter replacing pens and notebooks, which somehow the typewriter takes the romanticism out of writing. It seems to me that ChatGPT is just a tool that will create better writers. The human element is needed to formulate and develop ideas and be the creator. Major tech players in tech that are developing AI tools: Microsoft, Alphabet, NVIDIA, Meta Platforms (Facebook), Tesla and IBM. What are your thoughts on artificial intelligence? It seems to me that this would make a great meeting topic.

Good computer meeting topics are what brings back and keeps your members. It can be a challenge, but if your Program director is aware of and uses the APCUG Speaker Bureau, they will find many good meeting ideas. You can also use the Speaker Bureau as a springboard to create your own meeting programs if you prefer to have an in-person meeting. Another resource available for review is the APCUG YouTuber channel. It a playlist of past Wednesday Workshop and Saturday Safari presentations that be used as a theme for your next program.

When choosing topics for a computer meeting, it's important to consider the goals and objectives of the meeting, as well as the audience that will be attending. Key considerations would include:

- **Relevance:** Make sure the topics being discussed are directly related to the goals of the meeting and the needs of the attendees.
- **Timeliness:** Choose topics that are current and relevant to the industry or field in question.
- **Interest:** Select topics that are likely to be of interest to the attendees and that will engage them in the discussion.
- **Expertise:** Consider the level of expertise of the attendees and choose topics that are appropriate for their skill level.
- **Action:** Ensure the topics chosen will lead to actionable outcomes.

It's also a good idea to gather input from attendees or stakeholders on potential topics, to ensure they are on the same page and that the meeting will be productive and valuable for all parties involved.

What are your plans to keep your club viable for 2024? As a club board member, you must keep your membership in mind. There are several key factors that can help keep a computer club relevant:

- **Staying current:** Keeping up with the latest trends, technologies, and developments in the computer industry is crucial to maintaining the club's relevance. This can involve organizing events or guest speakers that focus on new and emerging technologies or encouraging members to share their own knowledge and insights on the latest industry trends.
- **Providing value:** The club should provide value to its members by offering a variety of resources and services, such as educational workshops, networking opportunities, and access to industry experts.
- **Encouraging participation:** Encouraging active participation from members can help keep the club relevant by fostering a sense of community and engagement. This can involve organizing events and activities that are of interest to members or creating online forums or social media groups where members can connect and share information.
- **Being adaptable:** The club should be adaptable and open to change. It should be willing to experiment with new ideas and be open to member feedback.
- **Flexibility:** The club should be flexible and responsive to the changing needs and interests of its members. This can involve adjusting the focus or activities of the club as the industry or the interests of members change.
- **Community building:** Building a keen sense of community among members can also help keep the club relevant. This can involve organizing social events or creating online discussion groups where members can connect and share information with one another.

By staying current, providing value, encouraging participation, being adaptable, flexible, and building a sense of community, a computer club can remain relevant and attract new members. Focusing on these key areas, a computer club can remain relevant and attract new members,

which helps to keep the club strong in 2024. Thank you for being a member of APCUG. My best wishes to your club, board, and members to continue to prosper.

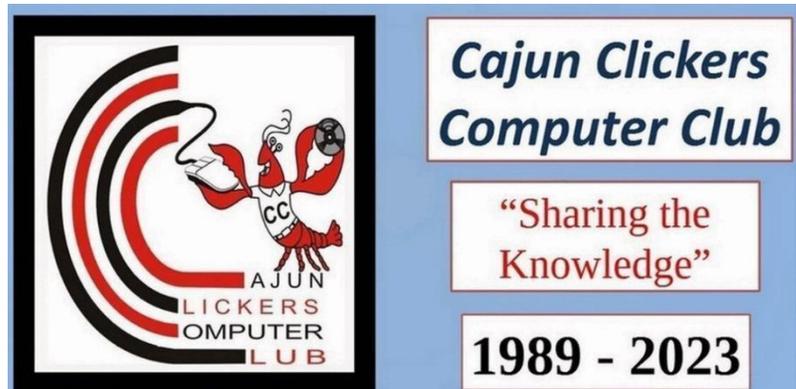
Happy Computing
Bill James, Region 8 Advisor

Cajun Clickers Update their Website, Region 8

When exploring APCUG's member group websites, it's always exciting to discover one with a new look. Thanks to Tiny Ruisch, their new webmaster, it's the Clickers website. Judy

<https://clickers.org/>

HOMEPAGE
WORKSHOPS SCHEDULE
WORKSHOPS LIST
MEMBERSHIP BENEFITS
CLUB CODE OF ETHICS
APCUG
CONTACT US
CLUB VIDEOS
ABOUT CAJUN CLICKERS
MEMBERS LOG IN



The same comment applies to the Central Kentucky Computer Society Region 3 website. <https://newsite.ckcs.org/> Thanks to the CKCS webmasters: Arleigh Kerr, Bob Brown, and Wendell Curtis.



Dr. Fixit and iHelp
First Saturday at 10 AM

[Click Here](#)

This advertisement features a collage of four small images showing people sitting at tables in a computer lab, working on laptops. The text is overlaid in a bold, white font with a black outline.

Digital Photography SIG
Fourth Tuesday at 7 PM

[Click Here](#)

This advertisement shows a person standing at the front of a room, presenting to an audience. A large screen in the background displays a landscape photograph. The text is overlaid in a bold, white font with a black outline.

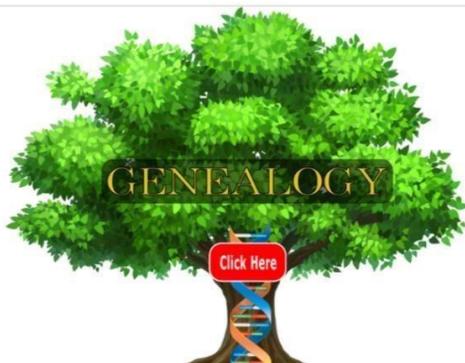
Microsoft Windows
Second Tuesday at 7 PM

[Click Here](#)

This advertisement features a background image of an open window looking out onto a cloudy sky. The text is overlaid in a bold, white font with a black outline.

Amateur Photographers' Club
Every Thursday at 10 AM

[Click Here](#)

This advertisement shows two people in a field of pink flowers, one holding a camera. The text is overlaid in a bold, white font with a black outline.

GENEALOGY

[Click Here](#)

This advertisement features a large green tree with a DNA double helix at its base. The word "GENEALOGY" is written across the middle of the tree in a gold, serif font.

All Things Apple
Third Tuesday at 7 PM

[Click Here](#)

This advertisement shows a laptop screen displaying various Apple products, including a smartphone, a tablet, a red apple, a white mouse, and a white earbud case. The text is overlaid in a bold, white font with a black outline.



TECH NITE is their General Meeting. In July, Tech Night featured "Demystifying AI," what it is, how it works with and against us, and what it might mean for the future. Trey Conatser, PhD, Director of the University of Kentucky Center for the Enhancement of Learning and Teaching (CELT), will speak.

REGION 9

AZ, CO, NV

Judy Taylour, Advisor
jtaylour (at) apcug.org

Sun City Summerlin Computer Club

<https://www.scsccl.com/>

Do your website and newsletter have a disclaimer?



This website, including the monthly Gigabyte Gazette, is published by the Sun City Summerlin Computer Club (SCSCC).

Copyright (c) 2005-2024 by the Sun City Summerlin Computer Club. All reproduction without written permission of the Sun City Summerlin Computer Club (SCSCC) is prohibited.

The information contained on this website is believed and intended to be correct and useful. However, the SCSCC cannot assume responsibility for the consequence of errors contained in the articles or misapplication of the information provided. Unless specifically stated otherwise, the opinions expressed in any article or column are those of the individual authors and do not represent an official position or endorsement by the SCSCC. The SCSCC is not affiliated in any way with any vendor or equipment manufacturer.

Articles on this website may contain trademarks of various companies. Any proprietary right those companies have in those names is hereby acknowledged.

APCUG also includes a disclaimer on the videos uploaded to its **YouTube channel**.

APCUG is not a part of or representative of any manufacturer, product, reseller, dealer, consultant, or business and does not recommend or endorse any product. Opinions provided by the information in this video or the presenter(s) are individual opinions and do not represent the organization, directors, advisors, or members.

PowerPoint for presenter slides

Opinions and information provided by the presenter(s) are individual opinions and do not represent the organization, directors, advisors, or members.

REGIONS 10, 11, & INTERNATIONAL CA, NV, WA, CANADA, & AUSTRALIA Judy Taylour, Advisor

[jtaylour \(at\) apcug org](mailto:jtaylour@apcug.org)

Region 10

Los Angeles Computer Society (LACS) What to do when the presenter doesn't show Leah Clark, President



Due to unforeseen conflicts and problems, our scheduled presenter could not attend our March 2024 meeting, so the attendees discussed various topics.

A member has been having a problem with Facebook notifications, and others suggested solutions. Concerns about Facebook's privacy and data collection issues were also raised, and someone else asked about Wi-Fi cameras.

Some members use a Ring Camera and Google Nest. Maybe we could organize a Special Interest Group (SIG) to address problems with Wi-Fi cameras.

We discussed installing an authenticator and setting up a Roku device. A member finds Google authenticator reliable. Some members like Amazon Prime for TV. We also discussed checking

movies and audiobooks from the library. Some like Libby and Cloud Library. A member finds

Libby more informative and easier to use than Cloud Library.

Amazon Audible has a huge library of free books for subscribers.

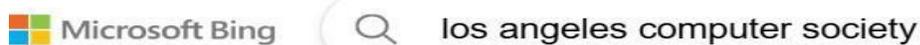
Participants tried to troubleshoot a member's microphone problem.

We were reminded to use our Groups.IO email list to ask questions and get help with computer and program issues. Getting the most out of CCleaner was suggested for a program. Members discussed the safety of online vs. post office payments. It was recommended that a Uni-ball 207 Gel Pen be used for writing checks. All gel pens may not be fraud-proof.

During the meeting, attendees also discussed real estate, inflation, taxes, family history, car technology, rare fruit cultivation, the intrusion of technology into everyday life, and the upcoming LACS luncheon meeting.

As you can see, we learned some new things and were exposed to new ideas. LACS members are a diverse group—we learn from each other. From Judy: Also have a couple of APCUG YouTube Wednesday Workshop videos ready, just in case.

I was giving a presentation to LACS in June and thought I'd check out their website, and this is what I found on



 lacs pc.org
<http://www.lacs pc.org>

Los Angeles Computer Society | Users Helping Users

WEB Los Angeles Computer Society | Users Helping Users. JULY 9, 2024 GENERAL MEETING. Meeting Time: 7:00 to 9:00 PM — via Zoom. Socializing and Questions & ...

Activities

LACS Meeting Description General ...
Podcasts · Presentations · Past Programs

About

Who Are We. The Los Angeles Computer Society (LACS) is a voluntary non-profit ...

General

Membership. Dues. Regular Adult
Membership – \$40/yr. Electronic ...

Member Pages

Member Pages Non-commercial web sites
or web pages created and/or maintained ...

Join LACS

Join LACS - Los Angeles Computer Society
| Users Helping Users

Member Forms

Member Forms - Los Angeles Computer
Society | Users Helping Users

But the below was on the right side of the screen. I clicked on the down arrow on Permanently closed, clicked on Suggest an edit, and checked Report as Open. It's been two weeks. I've repeated the steps and checked Report as open a few times; nothing has changed. The moral of the story is to check your website on several browsers to ensure this has not happened to yours.

Permanently closed

Los Angeles Computer Society is permanently closed. If that's wrong, you can suggest an edit.

[Suggest an edit](#)

Permanently closed

Los Angeles Computer Society

Information technology company

[Website](#) [Directions](#)

- Los Angeles Computer Society ✕
- 11664 National Blvd, Los Angeles, CA, 90064
- Report as open >
- Temporarily closed >
- Changed to a new business >



"I can't stay long. I'm homeschooling my grandparents on technology."

INTERNATIONAL

Ottawa PCUG celebrates the end of its season of meetings with an annual **Pizza Party**. It's an excellent idea for those groups that go dark during the summer. <https://opcug.ca/>

ANNUAL PIZZA NIGHT

Pizza Time! Wednesday, June 12, 6 PM, Britannia Park Trolley Station

Once again we are fast approaching the end of our OPCUG season, and once again we'll celebrate it with pizza, drinks and desserts. This event is free for OPCUG members and their guests.



We will have four door prizes to give away at the pizza party:
2 Reactor Socket Shelf Ultra
2 OPCUG Travel Mugs

The sockets have six wide-spaced AC outlets with surge protection, two 3.1 amp fast-charging USB Type-A ports, an LED night light, and two shelves.

Only members are eligible to win a door prize.

The event will be, as always, on the second Wednesday of June, that is June 12, 2024, starting at **6 PM**. It will be at the **Britannia Park Trolley Station** (see images below), under a sheltered area in case the weather does not cooperate, with free parking and bathroom access. Unfortunately, for those who like beer or wine with their pizza, **alcohol is not permitted** in the park. Pop and water will be provided.

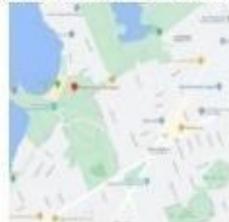
To help with planning, we're asking you to **register by email** at pizzaparty@opcug.ca. Tell us if you are bringing guests and how many, your pizza preference (e.g. combo, special, meat lover, vegetarian, gluten free, etc.), and if you need a ride or can offer a ride.

We look forward to seeing you all in great numbers!

Britannia Park Trolley Station
(click image for more photos):



Map of Britannia Park
(click image to open in Google Maps):



Sky view of Trolley Station and parking
(click image to view larger):



TIPS FOR MEMBERS **from Judy**

A tip from the FBI on the Title Deed Scam. We discussed the Title Deed scam at the June LA FBI Senior Scams Working Group meeting.

Many states do not require changing a title deed to be done in person. Especially vulnerable are vacant land and rental property. Fraudsters use electronic communications to deceive everyone involved in a property sale. As a result, they gain access to the sale proceeds, even though they don't own the property. The required forms, notary stamps, and seals can be purchased online. In some states, it can take up to 30 days to notify an owner about action on their title deed. By that time, it can be too late to do anything about it. Fraudsters can sell the house to someone else, take out a loan, etc.

In January 2023, I received a Property Owner e-Notification Alert email from the LA County Assessor. "With the e-Notification service, you can register your email now to be alerted whenever a foreclosure, transfer of title, or mortgage is recorded on your property with the Los Angeles County Registrar-Recorder/County Clerk. This notification allows property owners a means to identify potential real estate fraud activity, such as a fraudulently recorded deed. In the future, additional features like submittable forms will become available." There was a link to the Assessor - e-Notification (lacounty.gov) page. The FAQs are quite extensive. I sent the information to everyone in CA whose email address I have, and no one seemed to receive an email like I did. I found that counties in California handle the process differently. This is the process in Marin County (San Francisco): To ensure homeowners are properly notified, notices include a copy of the first two pages of the recently recorded document and are mailed to the homeowner's mailing address on file with the Marin County Assessor's Office. The process allows homeowners to review the document shortly after its recording and promptly address the issue. What happens if the address isn't correct, the owner has died, and the heirs haven't changed the deed? I'd rather have an email.

IMPORTANT: To receive Homeowner Alert Service (e-Notification), [register today](#) and select the **Opt-In for AIN/Recorded Document email notification**

I attended the TechEdConnect, NY, May general meeting. The topic was *Protect Your Home from Deed Theft*. The speakers were an Assistant Attorney General and a Special Assistant for Housing & Community Development, both from the New York State Office of the Attorney General. One of the slides was about taking 90 minutes for the Daily News to 'steal' the Empire State Building. Some of the information was laughable: Fay Wray was listed as a witness, and the notary shared a name with a bank robber. The loophole: The system doesn't require clerks to verify the information. This will be changed by the end of the year. I recommend you find someone to give a presentation on this subject. I searched for "title deed and the county name" to find out the process in Marin County (Golden State Computer Society). Perhaps someone from the Assessor-Recorder-County Clerk's office would give a presentation or an FBI office, state Attorney General....

Title Deed Fraud information from the NJ FBI office. <https://www.fbi.gov/contact-us/field-offices/newark/news/fraudsters-are-stealing-land-out-from-under-owners>

Members might also want to set up IRS and Social Security accounts before fraudsters do.

Setting up an IRS account

<https://www.irs.gov/payments/view-your-tax-account>

You don't want tax fraudsters creating an account in your name and stealing your personal and tax data; setting up an account is one way to monitor suspicious activity with your federal tax return.

Identity Protection: Prevention, Detection and Victim Assistance

<https://www.irs.gov/identity-theft-fraud-scams>

Identity theft burdens its victims and challenges businesses, organizations, and government agencies, including the IRS.

The IRS combats tax-related identity theft with an aggressive prevention, detection, and victim assistance strategy. We're progressing against this crime, which remains one of our highest priorities.

Set up your *my* Social Security Account

<https://www.ssa.gov/myaccount/>

A free and secure *my* Social Security account provides personalized tools for everyone, whether you receive benefits or not. You can use your account to request a replacement Social Security card, check the status of an application, estimate future benefits, or manage the benefits you already receive.

If your Social Security Number was exposed on the Dark Web, this Malwarebytes article has many comprehensive steps you can take to protect yourself. It would also be a good source for a few mini-presentations at the beginning of meetings.

<https://www.malwarebytes.com/cybersecurity/basics/ssn-on-dark-web>

Perhaps you are a victim of the AT&T hack, and your SSN is on the dark web. **Did you know you can change your Social Security number?** This Malwarebytes Blog post has information on how to do it.

<https://www.malwarebytes.com/blog/news/2024/04/how-to-change-your-social-security-number>

Does your state have an Unclaimed Property Division? Check it out on your state's website to see if there is any unclaimed property in your name or a relative's name. This is the link to the California website: https://www.sco.ca.gov/search_upd.html

USING AI CREATIVELY

Bill James, Advisor, Region 8

Artificial Intelligence (AI) is becoming increasingly prevalent in various aspects of our lives,



raising discussions about its capabilities and legitimacy. As the latest technological advancement, AI is powered by Large Language Models (LLMs) that utilize vast amounts of data to understand and generate natural language, enabling them to perform various tasks.

AI can significantly enhance the research and content production process as a creative tool. I begin with a basic idea and then use AI to delve deeper into the subject by asking targeted questions based on the initial responses. For example, if I start with the question, "Does eBay have a code of ethics or conduct?" AI, like OpenAI, might respond: "Yes, eBay has a code of ethics or conduct that governs the behavior of both buyers and sellers on its platform. This code ensures a safe, fair, and trustworthy marketplace for all users."

A follow-up question could be, "What are the key elements of eBay's code of ethics?" The AI might respond: "eBay's Code of Ethics ensures a safe, fair, and trustworthy marketplace for all users. It prohibits the sale of illegal and restricted items, mandates accurate listings and fair trading practices for sellers, and requires buyers to follow through on purchases. The code promotes honest feedback and provides mechanisms for dispute resolution, such as the eBay Money Back Guarantee. It emphasizes community standards of respect and inclusivity, prohibiting harassment and discrimination. All users must comply with applicable laws and regulations, ensuring a responsible and lawful marketplace environment."

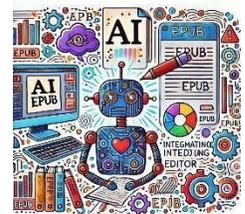
By continuing to ask more specific questions, such as inquiring about eBay's Money-Back Guarantee, I can gather comprehensive information to write an article on "How Safe is the eBay Online Marketplace?" Additionally, I can explore the drawbacks by asking questions like "Why is using eBay not safe?" or "What are the pitfalls of using eBay?"

Using an AI LLM allows for discovering facts and perspectives that might not have been initially considered. It promotes critical thinking on a particular topic. When used correctly, with proper fact-checking of the AI-generated responses, AI can help develop a high-quality article in a relatively short amount of time.

USING AI FOR YOUR NEWSLETTERS AND BULLETINS

Bill James, Advisor, Region 8

Writing a monthly newsletter or weekly bulletin can be a daunting task. Do you occasionally have writer's block, or does your president never provide anything for your newsletter or bulletin? I produce a weekly bulletin for my club, so I know the effort it takes to produce a timely publication. My biggest help is the use of artificial intelligence or AI. I have learned how to provide the prompts to write an article from my president with the right tone and content. I'm careful to read the output and make any changes or corrections. The result is a good article on a topic of your choosing. Here is an example of an AI output I have attributed to our club President concerning our 2024 membership drive. This was sent to our prospective member list.



"Subject: Join the Tech Revolution with ccOKC!

Dear Prospective ccOKC Members,

As the summer sun shines brightly, it's the perfect time to dive into the exciting world of technology and computers with ccOKC! Our community is thriving, and we want YOU to be a part of it. Whether you're a tech novice or a seasoned expert, there's something for everyone in our club.

Our membership drive is in full swing but won't last forever. The drive ends on June 31st, so act fast! By joining now, you'll gain access to exclusive workshops, insightful tech talks, and a network of like-minded enthusiasts who share your passion for all things tech. You can also find membership information on our website: [ccOKC.org](https://ccokc.org).

Don't miss this incredible opportunity to expand your knowledge, meet new people, and stay ahead in the ever-evolving tech landscape. Sign up today and join the tech revolution with ccOKC! <https://ccokc.org/ccokc-membership/>

Warm regards,

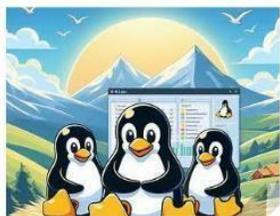
/s/

As you can see, this letter is filled with warmth and enthusiasm, encouraging prospective members to join ccOKC. The prompt for OpenAI was: Write a letter to prospective club members on "summer and the ccOKC club membership drive." If you need filler material, AI is the ideal solution to add an article on a topic you are curious about or have. Just create a prompt on the subject and click on the arrow. AI will do the rest. You should check the response for appropriateness.

LEARNING LINUX WEDNESDAY WORKSHOP

Judy Taylour

It was time for the June Learning Linux Wednesday Workshop; the presenters and workshop team meet 15 minutes early to ensure the workshop will run smoothly. John Kennedy has several nifty Linux virtual backgrounds, Bill James uses his Windows & Linux background, and mine are all dorky. Before joining the pre-meeting, I searched for new Linux backgrounds with no luck. I asked Bill if he would create a happy penguin virtual background for me using AI. Within less than 10 minutes, he sent me three; I resized one in Word and used it in the meeting. I have subsequently sent them to one of my daughters and asked her to use Canva to turn them into virtual backgrounds. Thanks to Bill and AI for the virtual backgrounds that make me smile.



DIGITAL DETOX

Take a breather from your phone and learn something about your body.

More Than You Want to Know About Falls

By Kurt Jefferson, Editor

<https://ckcs.org/>

lxtown2 (at) gmail.com

Nearly all of us have fallen at one point in our lives. No matter your age, you've probably fallen at least once. In some instances, it's unavoidable. Falls are as common as green grass in the spring.

I remember falling off my bike and skinning my knee as a child. ("Mom, I need some Bactine and a Band-Aid®.) I remember tripping over a sidewalk that stuck up off the pavement while jogging with a friend in the 80s. As I slammed into the ground, I pulled a tendon and was on crutches for a week.

Falls are so prominent in the U.S. that the Centers For Disease Control and Prevention in Atlanta devotes an entire website to falls. As we age, falling occurs more often. The CDC reports:

If you fall once, you double your chance of falling again. Wow.

- Millions of people 65 and older fall yearly, but fewer than half ever tell their doctor. More than one out of four individuals in this age group fall annually.
- More than 95% of hip fractures are caused by falls—mainly by falling sideways.
- When I think of traumatic brain injuries (TBIs), I often think of pro football players. But the truth is, more TBIs are caused by falls than any other reason.
- Most folks don't realize how costly falls are. They can wreck the body and the wallet. These are expensive injuries, according to the CDC:
- In 2015, adding up all of the medical bills due to falls, the price tag topped \$50 billion.
- Every year, more than 300,000 folks are hospitalized for hip fractures.
- More than 800,000 Americans are hospitalized every year because they get hurt in a fall. Most injuries are either to the head or the hips.
- Many people who fall are afraid of falling again. That fear may cause an individual to reduce daily activities. They then become weaker and increase their chances of falling again.

Why do so many people fall? There is a long list of reasons that would stretch from Lexington to Corbin, but the CDC notes several significant reasons:

- Trouble with balance
- Poor shoes or foot pain
- Lower body weakness
- A lack of vitamin D in your body
- Uneven steps
- Throw rugs or clutter, creating hazards.

What can you do to prevent falling? The CDC recommends:

- Performing strength and balance exercises (Tai Chi is perfect for this.) These exercises make your legs stronger and improve your balance.
- Getting a health expert's opinion on whether you should take vitamin D supplements.
- If you have clutter in your house or throw rugs that don't lay flat on your floor, experts say it's time to fix the throw rugs so they no longer pose a hazard and clean out the clutter.

The Mayo Clinic offers these additional tips:

- Wear sensible shoes
- Keep moving
- Use assistive devices such as handrails
- Use night lights in strategic spots

The above article is on page 26 of the March CKCS newsletter.

Omron BP7900, a Comprehensive Review

By Jasmine Blue D'Katz

Lake County Area Computer Enthusiasts

<http://www.lcace.org/>

cynthia.g.simmons (at) gmail.com

Most of us are at that stage where monitoring our health is essential. Before our doctor's appointments, the nurse takes our blood pressure and heart rate. Sometimes, we are asked if we monitor our vitals at home. To do this, we must have a home blood pressure machine and a device to give us an EKG reading.

I have purchased devices that allow me to do both. Omron blood pressure monitors have been stable in my home for years, and recently, I added the Kardia Mobile to monitor my EKG.

Like every device I purchase, I register the product with the company, which puts me on their mailing list for updates and new products. Recently, I was informed of a new blood pressure/EKG monitor. I can take blood pressure and EKG with this new monitor with one device.

Although, I will keep the Kardia Mobile credit card device in my wallet.

The Omron BP7900 is a digital blood pressure monitoring device with accurate readings and user-friendly at-home blood pressure management features. With its advanced technology and user-centric design, the BP7900 is a reliable tool for regularly monitoring my blood pressure levels.

Design and Build Quality: The BP7900 boasts a sleek and compact design, making it easy to handle and store. Its build quality reflects durability, ensuring long-term usability without compromising accuracy. The device's intuitive interface and large display enhance user experience, particularly for individuals with limited dexterity or visual impairments.

Accuracy and Performance: Omron's reputation for precision in blood pressure monitoring is upheld by the BP7900. Equipped with advanced algorithms and sensor technology, it delivers

consistently accurate readings, aiding users in tracking their blood pressure trends over time. The device's ability to detect irregular heartbeats adds an extra layer of health monitoring, alerting me to potential cardiac issues.

Ease of Use: One of the standout features of the BP7900 is its user-friendly design. The device's one-touch operation simplifies the blood pressure measurement process, ensuring hassle-free readings for users of all ages. The adjustable cuff accommodates various arm sizes, promoting comfort and accuracy during measurements. Additionally, the device stores multiple readings, allowing me to track my blood pressure history and share data with healthcare professionals conveniently.

Connectivity and Compatibility: The BP7900 offers seamless connectivity options, enabling me to synchronize my blood pressure data with compatible smartphones or tablets via Bluetooth. This feature facilitates effortless data management and analysis through dedicated mobile apps, empowering me to monitor my health proactively and share vital information with their healthcare providers.

Battery Life and Sustainability: Powered by batteries or an AC adapter, the BP7900 ensures uninterrupted usage, whether at home or on the go. Its energy-efficient design promotes optimized power consumption. The device's low-battery indicator prompts timely replacements, preventing blood pressure monitoring routine disruptions.

Price and Value: While the BP7900 may be priced slightly higher compared to basic blood pressure monitors, its superior accuracy, user-friendly features, and reliability justify the investment for individuals prioritizing their health and well-being. The device's long-term value lies in its ability to empower me with actionable insights into my cardiovascular health, potentially preventing adverse health events through timely intervention and monitoring.

Conclusion: The Omron BP7900 is a commendable choice for individuals seeking a reliable and user-friendly blood pressure monitoring solution. Its accuracy, performance, and connectivity features make it a valuable tool for proactive health management. With the BP7900, users can embark on a journey toward better cardiovascular health with confidence and convenience, supported by cutting-edge technology and trusted brand reliability.

<https://omronhealthcare.com/>

GENERAL ARTICLES

By Gabe Goldberg Region 2 Advisor

Higbee Chases Alleged Copyright Violation(s)

I asked a lawyer friend about the Higbee letter APCUG received alleging copyright violation. My question:

A group -- <https://apcug2.org/> -- a national organization that serves local tech groups -- is being bothered with this:

From: Higbee & Associates Copyright Claims claims@Higbee.law This is a follow-up to the letter and email that we sent you regarding the unauthorized use of copyrighted materials

owned by our client, The Associated Press. We want to work with you to resolve this efficiently and in a businesslike manner.

Our client's livelihood depends on people properly licensing images. Allowing people to work without a license threatens their livelihood. Our client would prefer to resolve this issue without forcing you to incur additional costs associated with hiring a lawyer and defending a lawsuit.

Please call us or go to our secure online resolution center and either make a payment or let us know why you believe you do not owe money for using our client's work.

They're haunting us for having used a picture of a Las Vegas hotel --WHICH THE HOTEL GAVE US -- in publicity for an event held at the hotel years ago. They claim a newspaper copyrighted the photo and want payment. They've bothered other user groups by including material such as individual comics in presentations given and posted online. Some groups pay what's asked, some haggle, and I'm not sure what happens when groups ignore them. Their search and shotgun demands are evil and should be defeated. And I say that as a content creator because they're bullying non-profit public service groups making nothing from these minimal content uses.

His response (under our ongoing agreement that he's not my lawyer, and this isn't legal advice):

Oh, Lord, another Higbee letter. These guys are notorious for sending out these kinds of letters. They may not represent their supposed client. The supposed client may not own the copyright or have registered it. They hope to scare people into paying them something to go away. As you say, they're evil. You can try ignoring them, but your safest bet is to contact an attorney (not me) who can assist in negotiating with them. Let's face it: the amount of damages they can prove for a one-time use at an event years ago is probably vanishingly small. Even if they can assert a claim for statutory damages, the likelihood of their getting more than the minimum of \$750 seems low. If the picture didn't have a copyright notice on it, you may be able to get those down even lower as an innocent infringer. Depending on where the lawsuit would be brought, you might even be able to claim the statute of limitations, which means they can get no damages. (This open question is part of a pending Supreme Court case, so who knows what will happen there.) Good luck! If your group has heard from Higbee, consider your options before paying or answering.

Why Join a User Group (Technology Club or Whatever It's Called)?

A recent chat yielded compelling reasons to join, belong to, and volunteer in local organizations supporting diverse people using, enjoying, and benefiting from all sorts of technology. They're a useful rebuttal to claims that such groups are no longer needed or useful.

Meetings -- online or in person (or, increasingly common, hybrid) -- are a friendly setting for presentations, discussions, technology help, refreshments, friendship, and a feeling of community. All of which are much better experienced in person than online.

Many groups host discussion lists on the free website <https://groups.io>. I've evangelized about lists like these for decades. They're friendly places for people to share information, ask and answer questions, provide recommendations and warnings, highlight successes, and gripe about technology. They can be "glue," linking members between meetings and enhancing community through shared interests.

Groups share members-only discounts on local, national, and online vendor products and services. I've provided several such discounts through APCUG to member organizations.

Groups are natural "swap meets." When I reported a problem with my venerable HP LaserJet printer, a member gave me the identical model he wasn't using. Later, another member who remembered I had that printer offered accessories for it he wasn't using. When I reported a problem with a Dell all-in-one printer, a member gave me one he wasn't using. I gave away an iPad I wasn't using -- too old for Apple updates -- to a member for her grandmother to use for minimal online tasks. When I replaced my iPhone, I gave it to a member for whom it was an upgrade. When people say they find everything they need online, ask them whether anyone they know online has shipped them a printer for free.

Groups run technology clinics, where members bring problematic gadgets for experts to repair or upgrade. Online help is valuable but can't replace in-person expertise and assistance.

Groups offer rewards for recruiting members, giving presentations, and writing newsletter articles. In a group offering a six-month membership extension for each new member, it only takes recruiting two members per year never to pay dues!

I've likely missed membership benefits -- so if your group provides things I've missed here, let me know. One group's longtime but unusual offering might be what another needs to energize a new initiative.

Preserve, Highlight, and Share Group History

Look around -- how many current members were founders? How many members have belonged to your group for ... 20, 10, 5 years? Recognize such loyalty occasionally, at meetings, in the newsletter, and on the website. Similarly, new members should be welcomed in the same places. Many groups publicly acknowledge member renewals, a subtle but helpful way to remind others to renew!

Especially if you have or can contact founding members, but even if you don't, collect your group's history/documents/etc. It is in an online folder with shared ownership and access (to protect from losing it). It can be interesting comparing "That was then, this is now," whether it's about how the group changed, how technology has advanced, or just reminiscing about how your group came to be and evolved.

Invite AI to Meetings

BCUG (Brookdale Computer Users Group) -- www.bcug.com / -- had Zoom's AI feature sit in on a meeting. The meeting leader (quoted with permission) gave his summary of AI in Zoom:

So, according to the summary, you guys were going to prank me by switching virtual desktops -- LOL!

- 1) The host must enable AI Summary in the visible Zoom controls during the meeting.
- 2) Participants can pose chat-like questions during the meeting by clicking an AI Zoom button.
- 3) At the end of the meeting, the host stops the AI Summary, displayed at the bottom of the Chat Window. I copied and pasted the AI Summary elsewhere; the AI Summary does NOT get saved with Chat.txt. I am sure that is an oversight by Zoom and will be fixed.

- 4) I responded to the facetious but appreciated request by Bob F. to "summarize the summary." I used Bing.
- 5) I have also used Chrome and Open AI to summarize YouTube videos. Both have been more helpful than Bing. What I like about OpenAI is that the Chat conversation is automatically saved, so I can go back and re-prompt the same discussion later.

The apparent goal of summaries is that nobody will watch a two-hour meeting from start to finish without knowing what it is about and whether there is something valuable.

Here's Zoom's summary:

Technical Aspects and Organization of a Windows Workshop Group

There was a detailed discussion about a Windows workshop group's organization and technical aspects. Fred confirmed that they would record the meeting and appointed Drew as the co-host for the night. The attendees discussed using an iPad as a second screen with Windows, which Drew confirmed is possible. Additionally, Fred mentioned a VPN issue John encountered, and Drew suggested using split Tunneling as a potential solution. The meeting also included a technical discussion regarding audio and video issues, which were eventually resolved. Fred shared his approach to the workshop, explaining his structure and insights on what to expect. They also discussed his current "Computerworld" and the setup of his home network, clarifying the difference between a router and a switch.

Virtual Machines and Communication Methods Discussed

Fred discussed his experience using virtual machines for different operating systems, including Windows 10 and Windows 11. He also shared his experience with various communication and control methods, such as using AnyDesk, a network, and even a separate login for a tablet. There was also a detailed discussion about Wi-Fi connectivity, specifically regarding using an iPad and a router. The group also discussed issues with signal boosters and cell phone calls, but these were determined to be independent of the Wi-Fi network. Sandy shared his experience using Team Viewer and Corbo Team for remote assistance, focusing on the free version's limitations in connecting two computers within the same network.

Exploring Windows 11 Shortcuts and Virtual Desktops

Fred discussed using shortcut keys in Windows, including the role of the Windows logo key and its combination with other keys to access different functionalities. They also explained the concept of virtual desktops or multiple workspaces, which allows users to segregate their work or activities on the computer. Louis and Fred discussed using recent programs and how to quickly switch between them, including using the Windows key and tab key to switch between windows. They also covered the functionality of the Windows logo key and the letter E for Windows Explorer. They demonstrated a feature of Windows 11 that they had previously shown but was not widely remembered.

Voice Recognition Technology in Windows 11 and Microsoft Office

Fred discussed using and improving voice recognition technology in Windows 11, particularly in Microsoft Office. Then Fred demonstrated how to use the voice dictation feature in Windows 11 and shared his experience using this technology, noting that it had become more reliable over time. Drew pointed out that the technology had improved due to Microsoft's acquisition of Nuance, which had previously acquired Dragon NaturallySpeaking. Fred also highlighted the ease of adding punctuation and using the feature in the desktop version of Microsoft Office.

Reminiscing Michael's Past and Discussing Screen Colors

Andy and Drew reminisced about Michael's past work with doctors' offices and the use of speech recognition software Dragon NaturallySpeaking. Fred demonstrated a feature of Windows 10 that allows users to change the color scheme of their screen. The team discussed using high-contrast and dark screens for improved readability, with Fred clarifying they use high contrast due to visual impairment. Drew shared his experience with glasses that filter blue light, while Corbo noted a potential disadvantage of dark screens for displaying colors or working with photography. Fred suggested using different intensity levels rather than total darkness and shared a preference for a regular screen.

Taking Screenshots in Zoom: Methods and Confirmations

There was a detailed discussion on how to take a screenshot on a computer during a Zoom meeting. Fred and Drew explained that pressing the print screen button and copying the image to a graphics program like Paint or pasting it elsewhere would capture the current screen image. Several participants also mentioned the Snipping Tool as an option. There was some confusion regarding the behavior of the print screen button during a Zoom meeting, with Robert and John clarifying that this may differ from standard Windows behavior and encouraging users to check their Zoom settings accordingly. Additionally, Richie shared some additional shortcut keys for splitting the screen into halves and opening two windows side by side. Fred acknowledged that these actions might not work as expected during a Zoom meeting.

Virtual Desktops and Shortcut Keys Discussion

The team discussed the use of shortcut keys for Windows and virtual desktops. Henry demonstrated how to create a virtual desktop and switch between them using the control and arrow keys. The group also learned about alternative methods of navigating settings on larger monitors. There were questions about the virtual desktop feature, particularly from Andy and Robert, who faced difficulties navigating through the desktop windows. Drew suggested typing 'about' in the taskbar to navigate system settings quickly. The team was reminded not to memorize all shortcuts and to use search and other methods to find settings. Fred assigned a homework assignment related to system settings and discussed Patch Tuesday, particularly regarding Windows 11. They also customized the Windows desktop interface, exploring hiding desktop icons, the Start menu, and apps. There was some confusion regarding the Windows key and letter d shortcut, with it not working for Fred but functioning for others.

Prank, Desktop Switch, and Application Access

John and Drew are playing a prank on Fred by switching to a different desktop when Fred's boss is coming. Fred discusses the default startup page and how to access applications quickly. Fred also discussed customizing the taskbar for faster access to specific applications, including

Libre Office. Andy provided instructions on how to customize the startup process for Libre Office, which Fred finds cumbersome. Finally, Fred advised that if an application is used consistently, it should be pinned to Start for quicker access. However, uninstalling an application from the Start Menu does not remove it from the list.

Windows 10 vs. 11 Feature Discussion

There was a discussion about using Windows 10 and 11, with John asking about using a specific feature in the chat. Fred mentioned a reluctance to answer the poll due to a perceived political nature. It was clarified that the feature in question behaves differently in Windows 10 and 11. There was also a discussion about folder organization, with Fred explaining how they renumber and code his most frequently used folders for easier access. However, they noted that they could not access certain features in Windows 11, which they could in Windows 10.

File Search Efficiency and Personalization Challenges

There was a discussion about the efficiency and challenges of searching for files on computers. John defended the search function's speed, while Fred noted its unreliability due to typos in file names or similar filenames. Fred and Sandy also pointed out that users have personal ways of organizing files, making it hard to change their approach. The group agreed that changing long-standing computer usage habits would be challenging.

Browser Frustrations and Tech Solutions

Fred expressed dissatisfaction with issues on his computer, including numerous pop-ups and ads on the Brave browser. They considered switching to Microsoft Edge due to its built-in ad blocker. Henry suggested using Ew. Block origin for better ad-blocking functionality. Fred also planned to share resources to stop Microsoft pop-ups and ads on the BBS. John announced the results of a poll, but no details were given due to time constraints. John and Drew discussed the challenges of learning new Windows software, and Corbo raised issues with peripherals not being compatible with Windows 11, which John confirmed. There was also a discussion about the potential compatibility issues with virtual machines and different processors. The group discussed the future of desktop interfaces, with a trend towards web applications and subscription-based models and rumors about Windows 12 potentially being subscription-based. Fred demonstrated using Virtual Box software and explained how to configure different operating systems. Andy guided system requirements, and Fred said that the Virtual Box can assign a specific amount of storage space and CPUs to the operating system, which can be adjusted based on the user's needs. Fred also indicated that the software can automatically allocate resources when starting a new virtual machine. Fred created a user account for themselves to prevent any potential issues with his machine from affecting his wife. There was a discussion about recording and accessing the meeting summary, with Drew expressing uncertainty about accessing a paid account's settings. John clarified that the entire chat and the video would be saved in a folder on the user's computer. Fred noted they had previously used AI for transcriptions, confirming that the meeting would automatically save and convert to a standard file format.

Reading that summary, a member replied, "Very good. Now summarize the summary!"

Here's OpenAI (Chat 3.5) summarizing the summary:

The meeting focused on organizing a Windows workshop group. Fred confirmed the recording of the meeting, with Drew as co-host. Discussions included using iPad as a second screen, VPN issues (resolved via split Tunneling), audio/video problems (resolved), and Fred's workshop structure. They explored virtual machines, communication methods, Windows 11 shortcuts, and voice recognition tech in Windows and Office. They discussed screen colors, taking screenshots in Zoom, virtual desktops, and Windows 10 vs.11 features. File search challenges were noted, and browser frustrations were discussed with potential solutions. Compatibility issues with Windows 11 and peripherals were raised. They explored future desktop interfaces and rumors about Windows 12 being subscription-based. Virtual Box software configuration was discussed. The following steps involve meeting recording, screen sharing, a remote control program, ad-blocking solutions and posting meeting materials.



APCUG 2024 CONTESTS

ePub Emails, Newsletters, and Websites

These contests are exclusively open to APCUG member groups, allowing them to showcase their communication efforts and how they engage with fellow members. Here are the details:

- **Contests:** The contests include three categories: ePub Emails, Newsletters, and Websites.
- **Submission Period:** The submission period begins on September 2, 2024, and ends on September 30, 2024.
- **Submission Process:** The contest rules and instructions, which will be sent to all officers in early August, clearly outline the process for submitting entries.
- **Recognition Opportunity:** Participating in these contests is a fantastic opportunity to earn recognition for your group. Showcase your hard work and creativity!
- **Judging and Results:** The contests will be judged in October, and the results will be announced at the annual meeting on November 9.
- **Logos for Winners:** The winning ePub Emails, Newsletters, and Websites will receive APCUG logos for 1st, 2nd, or 3rd place.
- **Results Announcement:** The results will be posted on APCUG's website and shared with all groups through NOOZ and Reports.

Make sure to mark your calendar and participate!

Bill James, Contest Chair

TECH TIPS

Windows / Android, Apple, Penguin, and Chromebook Tips

WINDOWS & ANDROID TIPS



THIS CLEVER TIP ALERTS YOU WHEN APPS ARE ADDED TO STARTUP IN WINDOWS 11

The Startup page in Windows 11's Settings helps toggle which apps auto-start when you boot the system. But the more apps you have enabled in Startup, the longer it takes for Windows to be entirely usable after restarting. That's why checking the Startup page occasionally and disabling unwanted apps is good. Read more at [How to get alerts when new apps are](#)

[added to Startup in Windows 11 | PCWorld](#)

APPLE TECH TIPS



HOW TO CONTROL YOUR IPHONE WITH YOUR MAC - One of the newest features in iOS 18 and macOS Sequoia is iPhone Mirroring, which lets you connect your iPhone directly to your Mac, giving you complete control of it right from your desktop. Apple debuted the feature at this June's WWDC, but it's finally here via the second iOS 18 dev beta. Here's how to

try it out. [How to Use iPhone Mirroring in iOS 18 and macOS Sequoia | Lifehacker](#)

PENGUIN PLATFORM



DISTROWATCH WEEKLY, ISSUE 1077, 1 JULY 2024 – Welcome to this year's 27th issue of DistroWatch Weekly! Progress moves ever forward, and we report on projects making advancements and reaching milestones this week. In our News section, we talk about Ubuntu's plan to make its GNOME on Wayland session the default in almost all situations, including when computers run

NVIDIA graphics cards. We also reported on openSUSE updating its Leap Micro edition, and Debian provided updated media while FreeDOS celebrates its 30th anniversary. Read more at [Distrowatch.com: Put the fun back into computing. Use Linux, BSD](#)

CHROMEBOOK TIPS & TRICKS



HOW TO CUSTOMIZE YOUR CHROMEBOOK – The whole point of cloud-based devices like Chromebooks is to give you a window on the web that's as uncluttered and straightforward to use as possible. That means ChromeOS doesn't come with the masses of software and settings options that you'll find packed into Windows or macOS.

However, it still offers several settings you can adjust to make it work better for you. Read more at [How to Customize Everything on Your](#)

[Chromebook \(and in ChromeOS\) | Lifehacker](#)

APCUG MEMBER GROUP GRANT PROGRAM

Objective

To aid user groups who need money to fund a project to help their members or user group community with the use or understanding of technology

Criteria for Selection

- Be a member of APCUG in good standing
- Provide detailed information regarding the request for the grant
- Name of group
- Contact person, group title, email address
- Name of Advisor or Director working with the group to obtain the grant
- Description of the request for funds and detailed project budget

Reason the club can't fund the project

- How the funds will be used
- What benefits or enhancements the club/members and/or community will gain
- How project success will be measured
- Timeline for reporting progress to APCUG

Grant Approval

The Grant committee will determine if requests meet the criteria and will benefit the user group or community.

The committee will forward the approved application to APCUG's Board of Directors for a vote. Groups requesting a grant will be notified of proposal approval or non-approval.

ARTICLE REPRINTS: Unless indicated otherwise by the author, all articles published in REPORTS may be reprinted by Member group editors, giving proper credit to the authors. All articles submitted for publication in REPORTS are subject to editing. Each REPORTS issue focuses on member group management issues, program ideas, achievements, events from the Nine APCUG Regions, and updates from APCUG directors, advisors, and committee chairs.

DISCLAIMER: APCUG is not a part of nor a representative of any manufacturer, product, reseller, dealer, consultant, or business. The organization does not endorse any product, etc. The information in *Reports* is provided on the basis that everyone receiving it undertakes responsibility for assessing the relevance and accuracy of its content. As a member of APCUG, you have received this issue of *Reports* as a benefit of membership. APCUG does not sell, share, or disclose your email address to third parties. If you no longer want to receive emails from APCUG, please reply to membership (at) apcug.org. *Thank you for being a member of APCUG.*



APCUG INFORMATION

[Association of Personal Computer User Groups](#)

Communicate with APCUG - [Contact APCUG \(apcug2.org\)](#)

Contact Board of Directors - [Board of Directors - APCUG \(apcug2.org\)](#)

Contact Region Advisors - [Board of Advisors - APCUG \(apcug2.org\)](#)

Committees - [Committees - APCUG \(apcug2.org\)](#)

Groups Sharing Meetings - [Groups Sharing Meetings - APCUG \(apcug2.org\)](#)

Member Benefits - [APCUG Membership Benefits \(apcug2.org\)](#)

Speakers Bureau - [Speakers Bureau - APCUG \(apcug2.org\)](#)

APCUG's INTERNET PRESENCE

Follow us @



www.facebook.com/APCUG



www.twitter.com/apcug



www.youtube.com/apcugvideos

APCUG MAILING ADDRESS



APCUG
PO Box 1384
Pine AZ 85544-1384

